



Spicy Summer Squash Soup

4 servings

¼ cup olive oil

1 large onion thinly sliced

1 tsp ground cumin

1 tsp ground coriander

¼ tsp turmeric

1 tsp sweet paprika

½ tsp cayenne

2 cloves garlic peeled & sliced

5 medium yellow or green squash cut into ¾" slices

Celtic sea salt

3 cups chicken or vegetable stock

2 cups water

3 mint leaves cut into ribbons (for garnish)

- In a soup pot, heat the olive oil over medium heat
- Add the onions cook stirring often, until they begin to soften
- Add the cumin, coriander, turmeric, paprika, cayenne and garlic
- Cook until very soft, stirring often so they don't brown. If the onions or garlic start to stick, turn down the heat and add a splash of water to the pan.
- Add squash to the pot with some salt. Stir and cook for 2 minutes

- Add stock and water. Bring to a boil
- Reduce to a simmer and cook until the squash is tender about 15 minutes
- Let the soup cool a bit then blend in a blender until very smooth
- Reheat, taste, adjust the seasoning and serve hot garnished with chives or mint.

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